



# Aging

U.S. DEPARTMENT OF  
HEALTH, EDUCATION, AND WELFARE

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MAIN  
READING ROOM

## Special Committee on Aging Established By U. S. Senate

By Senator Pat. McNamara (Michigan)

As an indication of its ever-increasing interest in America's aged citizens, the United States Senate created, in February of this year, a Special Committee on Aging.

Prior to this session of Congress, for a period of two years, the Committee on Labor and Public Welfare had an active and productive Subcommittee on the Problems of the Aged and Aging which is now succeeded by the new Special Committee. Given the limited nature of a subcommittee's staff and Senate membership, the Senate concluded that the subject called for an increase of both staff and Senators in order to cope more effectively with the range and depth of problems involved.

### Twenty-one Members

The original subcommittee consisted of only six Senators. The new Special Committee has 21—a very concrete expression of Senate concern.

Pat. McNamara, *Michigan*—CHAIRMAN

George A. Smathers, *Florida*

Clair Engle, *California*

Harrison A. Williams, *New Jersey*

Oren E. Long, *Hawaii*

Maurine B. Neuberger, *Oregon*

Wayne Morse, *Oregon*

Alan Bible, *Nevada*

Joseph S. Clark, *Pennsylvania*

Frank Church, *Idaho*

Jennings Randolph, *West Virginia*

Edmund S. Muskie, *Maine*

Edward V. Long, *Missouri*

Benjamin A. Smith II, *Massachusetts*

Everette McKinley Dirksen, *Illinois*

Barry Goldwater, *Arizona*

Norris Cotton, *New Hampshire*

Frank Carlson, *Kansas*

Wallace F. Bennett, *Utah*

Prescott Bush, *Connecticut*

Jacob K. Javits, *New York*

The new Committee will function primarily as a source of information and recommendations for the other standing Committees of the Senate.

### Wide Scope

As readers of *Aging* are well aware, aging problems cut across nearly all of the traditional classifications of administrative and legislative matters. If each of the several existing Senate committees were to appoint to their respective staffs an expert on the aging aspects of their separate jurisdictions, the result would be a disorganized and uncoordinated approach to a field that has too long suffered from haphazard treatment. Instead, a Committee devoted full-time to all aspects of aging as they impinge on the areas of concern to the Senate's legislative committees makes far more sense.

Furthermore, the creation of such a Special Committee on Aging signifies the prominence of the concern for the aging population of America by Congress. This was the thinking behind the establishment of the new Committee.

The 1959-61 Subcommittee on Aging made great contributions toward kindling legislative and public attention on the trends, problems, and challenges involved. Its 1959 nationwide hearings, and its reports, marked some essential trail-blazing.

(Continued on page 2)

## SPECIAL COMMITTEE ON AGING ESTABLISHED BY U. S. SENATE (cont.)

But these accomplishments, along with many new activities in the States, and at the White House Conference on Aging, have only served to impress the Senate and the public at large with the complexities of the job begun by the Subcommittee.

This accomplishment needs to be sustained.

### No Direct Legislative Functions

The new Special Committee on Aging does not have legislative functions, but it is empowered to carry out studies and to conduct hearings, both in Washington and around the country. Among the major activities and interests for the coming year are the study and evaluation of:

- needs in the field of nursing homes;
- the respective roles of public and private sources of retirement income, now and in the future;
- the changing housing needs of an aging population;
- the adequacy of existing governmental service and research activities.

With the second largest Committee in the Senate, we should be able to share the responsibility for tackling these and related matters of concern.

We plan to establish ad-hoc subcommittees to conduct regional hearings.

### Staff

The Special Committee is fortunate to have a professional staff of varied backgrounds. Dr. Harold L. Sheppard was recently appointed Staff Director, having previously been Research Director of the 1959-61 Subcommittee on Problems of the Aged and Aging. William G. Reidy and Ron

M. Linton are Professional Staff Members, with Alice E. Robinson as Research Assistant. A minority staff member will be named shortly.

### Why This New Emphasis?

As a Nation, we have not yet grasped the significance of the new stage of population structure we have just begun to enter. We are still oriented, it seems to me, toward treating the "aged" as a segment of our society to be ignored or tolerated in a condescending, patronizing manner by the rest of us.

Revolutions in medical science, technology, and living conditions have produced a "quiet population revolution" to which we have not yet adjusted. For example, a country with nearly six million persons 75 and older—most of them retired—is not the same as one with a few thousand.

If the new Special Committee on Aging does nothing else, it should serve to make the entire citizenry conscious of the otherwise unanticipated consequences—social, economic, and cultural—of the recent strides in life expectancy.

### Publications

The full 1960-61 report on "Action for the Aged and Aging" (Senate Report No. 128, 87th Congress) is available from the Superintendent of Documents, Washington 25, D. C., at 75¢.

"Action For the Aged And Aging" a brief report by the 1959-61 Subcommittee on Problems of the Aged and Aging of the Committee on Labor and Public Welfare, U. S. Senate (8 pp; January 1961), summarizes the work of the Subcommittee in translating studies and reports into legislative action, and sets forth the results of subcommittee studies in a number of areas not covered in its first report. Copies are available from the Special Committee on Aging, Room 132, Senate Office Building, Washington 25.



Senator McNamara talking with paralyzed older man



Senator Randolph interviewing elderly hospital patient

The subcommittee's first report is still available from the Superintendent of Documents, Washington, D. C. Ask for Senate Report 1121, 86th Congress, @\$1.25.

"Directory of Voluntary Organizations In The Field of Aging" (December, 1960) describes the activities and services of the various voluntary organizations under ten categories, listing affiliate organizations. Available from the Superintendent of Documents @\$1.

"Background Studies Prepared By State Committees For The White House Conference On Aging" (December, 1960) presents the results from factual surveys, and local and State preparatory conferences for the WHCA, as a detailed inventory of resources and needs on a State-by-State basis. Available from the Superintendent of Documents.

"Comparison of Health Insurance Proposals for Older Persons, 1961" (April 3, 1961) is a chart which compares the major bills dealing with medical care for the aged, now before the Congress. It compares the legislation by coverage, benefits, financing, and costs. Copies are available from the Committee, 132 Senate Office Building, Washington 25, D. C.



Miami, Florida: A special panel reports findings, in conjunction with 1959 Senate Subcommittee hearings.

Photos on pages 2 and 3  
courtesy of U. S. Senate Special Committee on Aging

## New York:

### Jewish Grandparents Go to School

By Bernard Postal, Director, Bureau of Public Information, National Jewish Welfare Board, 145 East 32nd Street, NYC 16.

Eighty Jewish grandparents in the Greater New York area went to college during April and May (many for the first time) to learn how to become better leaders among their contemporaries.

They attended classes at the Yeshiva University School of Social Work in what is believed to be the first leadership training institute developed for senior citizens in a university setting. The 80 students, none younger than 65, and many in their seventies, were chosen by members of the 40 senior citizens clubs sponsored by YM-YWHAs affiliated with JWB's New York Metropolitan Section Senior Council.

The planned curriculum was devised to do four things for the students, all of them active in older adult clubs:

- give them a better knowledge of senior citizens' problems;
- provide them with a deeper understanding of the role of older adults as leaders and of their place in relationship to the YMHA or Jewish Community Center sponsoring their group;
- teach them more effective leadership methods; and
- train them to be informed assistants in organizing similar courses in their own clubs.

## 1960 Census Reveals Increase

### In Older Population

About one in 11 persons in the United States is 65 years of age or over. According to advance data from the 1960 Census of Population, there were 16,559,580 persons 65 years of age and over in the national total of 179,323,175 persons of all ages.

The 1960 figure for the older population group represents an increase of 4,264,882, or 34.7 percent over the 1950 count of 12,294,698 persons 65 years of age and older, the Bureau of the Census, U. S. Department of Commerce, reports.

In two States, the increase in the older population during the decade exceeded 100 percent. These were Florida with an increase of 133 percent and Arizona with an increase of 104 percent. Numerically, California had the largest 10-year gain with 481,199; New York was second with a gain of 429,133; and Florida was third with a gain of 315,655.

Detailed information, by State, of the population 65 years of age and over, in 1960 and 1950, with informative breakdowns, is available from the Publications Unit, Bureau of the Census, Washington 25, D. C., or from any field office of the U. S. Department of Commerce.

Ask for PC (A-2), "Advance Reports, General Population Characteristics." Price is 10¢ per State.



## California: Statewide Survey on Leisure Programs

By Mrs. Janet Levy, c/o The Little House, 800 Middle Ave., Menlo Park.

The State of California, through its Citizens' Advisory Committee on Aging, conducted a comprehensive survey of all 58 counties on leisure-time activities for the aging. This was done especially in preparation for the WHCA. Major result was a Directory, and a report of all known leisure-time programs within the State.

### Special Consultant

A special consultant covered 23,000 miles to conduct first-hand observations of programs and conferences and consultations with persons involved. Data-gathering problems ranged from lack of community interest to the "belief" that a program must operate on a completely professional or standardized level to be relevant to a State directory. But an impressive array of information was gathered. The new Directory is being used by groups throughout the State.

### 344 Programs Listed

Of the 344 programs included, 125 are sponsored by recreation departments. Seventy-three are self-sponsored; churches, service groups, community organizations, and labor affiliations all actively participate. This varied sponsorship results from the heterogeneous nature of geographical, cultural, and social aspects throughout California.

### Development Started in 1888

Some senior citizen activities at the community level began in California as early as 1888. They started in Pacific Grove on the Monterey peninsula, sponsored by that city. The general development of activities has been stimulated through participation and coordinating efforts of city departments, community councils, religious, service, labor affiliations, and countless other community resources.

Of the 58 countries surveyed, 16 had no programs of free-time activities for senior adults. Yet several of these 16 counties have a high percentage of older persons.

Two counties do not have existing programs because of the relative inaccessability of their

mountainous terrain and the traditionally close-knit relationships of residents.

### Rural-Urban Split

Some agricultural areas also have no designated programs for seniors because of their long-established associations with religious, fraternal, and Grange activities.

Obviously, the greatest number of lonely older persons live in larger metropolitan areas, but there are many identical needs in rural areas.

Loneliness was cited as the most prevalent concern, regardless of social, economic, or cultural status.

### Los Angeles County

Within Los Angeles County, 89 programs in 41 cities represent a total membership of 19,832. Dynamic progress in this county, through the joint efforts of the Senior Citizens Association of Los Angeles County, Inc., the Senior Citizens Service Center, numerous church, recreation, labor, and service resources, has shown dramatic results.

Excluding 75 Townsend Clubs with an unknown membership, we have a grand total of 107,925 known older persons in California attending and participating in one or another variety of programs specifically for their age group.

### Unmet Needs

Most widely expressed unmet needs were:

- Social opportunities
- Program leadership
- Program facilities
- Transportation

Special needs ranged from more adequate street lighting and Sunday activities to greater awareness of and interest in the senior citizen by civic leaders.

Following the White House Conference, community conferences, new committees, and intensive planning are an encouraging sign. Participation and active interest of seniors themselves is the most inspiring factor to all who work in the field of gerontology.

Copies of the survey are available, in limited quantity, from the Citizens' Advisory Committee on Aging, 722 Capitol Ave, Sacramento.

## NCOA Institute:

### "Producing Housing"

On March 26-28 in New York City, The National Council on the Aging co-sponsored an Institute on Producing Housing for Older People which helped to focus new national attention on a problem of direct concern to most readers of *Aging*. The Institute was specifically directed to private builders.

Other co-sponsors were the Institute of Physical Medicine and Rehabilitation at New York University's Medical Center, and the National Housing Center.

The core group of participants were builders from 28 States and the District of Columbia. An invited group of over 135 experts in the fields of home building, home financing, architecture, public and private housing programs, physical and social planning, and all levels of government, discussed questions of mutual interest, and pinpointed areas where the Nation's private building industry can participate actively to help meet the need for retirement housing.

Specific purposes of the Institute were to:

- provide current knowledge and trends to aid developers and builders in producing housing suitable to the needs of older people and at a price they can afford to pay;



Photo by AGING

NCOA workshop participants compare building plans

- identify practical considerations in site selection and development, in construction and design, and in financing and sale of housing for the elderly;
- help builders become acquainted with national, State and local programs which can facilitate production of such housing.

Scheduled sessions covered such topics as Environmental Planning (Site Selection, Architectural Planning, Community Facilities & Services), Financing, Construction and Equipment, Op-

(Continued on page 9)

## Atlanta, Georgia:

### New University Course

By Dr. P. Alberti, Department of Anatomy, Emory University, Atlanta 22.

Emory University recently sponsored an evening course, "Life Begins at 40."

Although community education is a regular feature of Emory campus life, this was the first time that problems associated with aging had been spotlighted. Originally planned for 30, a class of over 60 people assembled. The age range was from 40 to 80. Many family groups attended, husband and wife or parents and children. Registration cost of \$10 per student was waived to all over 60, and also to anyone who accompanied someone over 60.

Classes dealt with the psychological aspects of aging, medical problems, physical education, hobbies, and nutrition, as well as "physical" aspects.

Much of the credit for the success of the course goes to Miss Dora Byron in charge of the Community Education Service at Emory.

## Denver, Colorado:

### Metropolitan Planning Project

By William G. Bell, Project Director, Metropolitan Planning Project for Older People, 1550 Lincoln St, Denver 3.

The Metropolitan Planning Project for Older People, financed by a special three year grant from the Ford Foundation, was initiated in November 1960 in the metropolitan Denver area. Co-sponsors of this community organization demonstration and research program to achieve a community approach to the needs of the aging are the Metropolitan Council for Community Service and the Senior Citizens Council.

An "Inventory of Services to the Aging in Metropolitan Denver" has been completed as a first-step in our program. This 35-page report is a compilation of services, offered by the formal private and public social agencies in the area. In some fields of service an indication of plans for the immediate future have been included. Copies are available from us @\$1.25.

U.S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

ABRAHAM A. RIBICOFF, Secretary

Published monthly by the Special Staff on Aging to share and exchange information about programs, activities, and publications among interested individuals, agencies, and organizations.

The first issue of *Aging* was published in June 1951.

Use of funds for printing this publication has been approved by the Director of the Bureau of the Budget August 22, 1960.

Subscriptions (\$1 for 12 issues, 50c additional for foreign mailing, or 10c for single copies) should be addressed to Superintendent of Documents, Washington 25, D. C.

All other communications may be sent directly to Editor of *Aging*, U.S. Department of Health, Education, and Welfare, Washington 25, D.C.

## NEWS ITEMS

In New York City, a seven-week course, "Thinking About Retirement," to assist union members in making advance plans for retirement started March 21 under the direction of the Community Services Committee of the New York City Central Labor Council, AFL-CIO. The classes are designed to present facts and figures to union members thinking about retirement, and to assist local union representatives to organize pre-retirement programs to meet the needs of their own members.

Each session is devoted to talks by leading experts in the field of aging. The program was drawn up with the cooperation of Cornell University's School of Industrial and Labor Relations.

More information: Jack Ossofsky, Retirement Plan Director, District 65, Retail, Wholesale and Department Store Union, 13 Astor Pl, NYC 3.



Dr. Walter S. Neff was named in April to the new position of Director of Research of the Institute for the Crippled and Disabled (23rd St and First Ave, NYC 10).

Dr. Neff has also been named as Professor of Psychology in the New York University Graduate School of Arts and Sciences.

The Institute and N.Y.U. are professionally affiliated and conduct joint activities in the research, teaching, and service phases of rehabilitation. The two appointments have been made possible by a grant from the Easter Seal Research Foundation of the National Society for Crippled Children and Adults to further research in rehabilitation.

Title of The University of Michigan's 14th Annual Conference on Aging, to be held in Ann Arbor June 19-21, is "A Study of the Political Aspects of Aging."

A growing general interest in the political implications of the older population and in the potential contributions of older people to community and public affairs suggested this topic. Sessions will be devoted to theoretical and practical papers and panels and to a period of seminars.

Co-sponsors include nine units of The University of Michigan, several Federal agencies, agencies of the State of Michigan, and numerous voluntary organizations, including organizations of older people.

Immediately following the Conference on Aging, The University of Michigan will conduct "A Senior Citizen Leadership Institute" for 25 senior citizens of retired status. Purpose of this Institute will be to explore the potentialities and opportunities of senior citizens for leadership in programs for older people and to develop ideas and plans for leadership training for senior citizens.

For an announcement of the Conference or information on the Institute: Dr. Wilma Donahue, Chairman, Division of Gerontology, 1510 Rackham Building, Ann Arbor.



Housing Administrator Robert C. Weaver on April 5 approved a loan of \$864,000 to build a home for the elderly in Duluth, Minnesota.

Sponsor of the project is the Electrical Workers Vacation Fund, an organization consisting of representatives of the International Brotherhood of Electrical Workers, Local No. 31, of Duluth, and the Twin Port Arrowhead Division of the National Electrical Contractors Association. This is the first elderly housing project in which a labor union has participated as sponsor.

The loan is being made to "S" Elect Homes, a non-profit organization formed by the Electrical Workers Fund for this purpose. Housing in the project will be open to persons over 62 and will not be limited to members of the sponsoring groups.

This is the largest project authorized to date under the program of direct loans for the elderly for which Congress last year appropriated \$20,000,000. Previously there had been a limit of 50 units to a project. Mr. Weaver recently removed that limit, and the present project will contain 65 units.



Sidney Spector became Director of the Division of Housing for the Elderly in the U. S. Housing and Home Finance Agency on April 12.

Housing Administrator Robert C. Weaver is assigning Mr. Spector to carry out the Kennedy Administration's pledge to accelerate and coordinate the housing programs for older persons now administered by the HHFA. There are now three such programs:

- assistance in the building of low-rent units through the Public Housing Administration;
- direct loans to the builders of moderate-rent units through the division now headed by Mr. Spector;
- mortgage insurance provided by the Federal Housing Administration

Mr. Spector will organize a new Office of Housing for Senior Citizens to be headed by an Assistant Administrator of the HHFA. He succeeds William E. Murray who has been the director of the Division of Housing for the Elderly since last December. Mr. Spector came to HHFA from the Senate Subcommittee on Problems of the Aged and Aging, where he has been staff director for the past two years.



The Public Health Service has awarded a Hospital and Medical Facilities Research grant to Mt. Angel College, Mt. Angel, Oregon. Through this grant, this liberal arts college will provide for the planning and establishment of two educational programs.

One program, leading to the Bachelor of Science in Gerontology, is intended to provide undergraduate training for potential social workers and nursing home administrators.

The other program, shorter and less extensive, is intended to fill the needs of social workers and nursing home administrators already working with older people; a certificate of study would be given at the completion of this course.

A 63-bed nursing home adjacent to the college is to be used for classroom demonstration and research purposes.



The second Methodist Summer workshop on aging, with emphasis on basic principles of administration, is planned for June 21-24 at The University of Michigan in Ann Arbor.

It will follow the Fourteenth Annual U-M Conference on Aging.

In charge of planning and arrangements: Miss Henrietta E. Davis, Director of Nursing, Board of Hospitals and Homes of The Methodist Church, 740 Rush St, Chicago 11.

## LETTERS TO THE EDITOR

I want to recommend to your readers a hobby for retired, pensioned, and senior citizens which is informative, inspiring, and—with serious application—highly profitable. I refer to the popular pastime of "contesting."

Thousands of persons in the older age bracket tackle competitive undertakings, from writing "simple" 25-word statements to solving the most complex puzzles.

A former president of a nationwide testers' association, now the secretary, is 70 years old, still actively competing. This lady constantly complains that there are not enough hours in the day. She wins cars, appliances, and thousands of dollars.

In many churches, synagogues, patriotic posts, and community centers, groups of citizens band together to discuss prize contesting. There are over 100 such contest clubs in the United States. If any reader of *Aging* wants the name and address of such an organization in his vicinity, I will be glad to supply that information if a stamped, addressed envelope is enclosed for a reply.

WILLIAM SUNNERS

National Library Publications, Inc.  
P.O. Box 73, Brooklyn 34.

I am enclosing a copy of our recently issued "Counselors Handbook" for the Allis-Chalmers retirement counselling program. We have provided copies to counsellors and personnel administrators at all of our plants around the country and overseas to achieve uniformity in administering Company policies on retirement.

We have copies available for interested readers of *Aging*.

We also have copies of an explanatory letter describing our retirement program, and a brief history of the Allis-Chalmers Retired Employees' Recreation Club.

LAWRENCE BOUCHER

Retirement Counsellor, Personnel  
Service Section  
Allis-Chalmers Manufacturing Co.  
Box 512, Milwaukee 1.

"Preliminary Register of Kansas Clubs for Older Age Groups," (March, 1961) is the first of its kind in Kansas.

It was prepared to provide information for the clubs themselves and for persons who are concerned with increasing the number of clubs in the State. The data secured on "general" clubs is probably 90% complete, but the list of clubs for church groups is admittedly well short of the total number in existence.

An Old Men's Club was formed in Lawrence in 1895. It would be interesting to know whether this was the first of its kind in the country.

Copies are available for free distribution, but the supply is limited.

FRANK T. STOCKTON

Kansas State Interdepartmental  
Committee on Aging  
401 Topeka Blvd, Topeka.

## An NIH Report: Center For Aging Research

By Mrs. Joe Bales Graber, M.P.H., Information Officer,  
Center for Aging Research, Division of General Medical  
Sciences, National Institutes of Health, Bethesda 14, Md.

The Center for Aging Research at NIH, part of  
the U. S. Public Health Service, is now entering  
its fifth year of operations.

Its function is to

- stimulate research in areas needing new or additional emphasis;
- prepare, collect, and disseminate data;
- maintain liaison with Federal agencies and other organizations;
- foster the training of additional research personnel; and
- promote national and international conferences, seminars, and symposia on aging.

### Increase in Research Grants

The growth of research in aging is reflected in a comparison of the NIH grants made in 1958 and 1961. Today there are 700 active grants, as compared to 274 in 1958. Their cost has risen from \$4,570,000 in 1958 to \$16,235,000.

This includes grants both to individual investigators and to institutions.

Three areas of research are covered by aging grants:

- clinical,
- biological,
- sociological and psychological.

These grants are made by the seven Institutes

and the Division of General Medical Sciences of the National Institutes of Health.

### Publications

The Center annually publishes three major brochures:

"Research Highlights in Aging"

"Summary of NIH Research Programs in Aging"

"Activities of the National Institutes of Health in the Field of Gerontology."

Press releases, pamphlets, and radio scripts are also prepared. Some of the more important foreign documents in the field of aging are translated and distributed.

### Liaison with Federal and Other Agencies

Center Staff were assigned in varying roles to the WHCA; assistance has been given to the Federal Aviation Agency in setting up its grants program for determining the functional age of pilots; and continuous cooperation is provided to the Public Health Service Committee on Aging, the Federal Council on Aging, and others.

### Conferences and Meetings

In the interest of promoting the exchange of ideas among scientists and others interested in gerontology, the Center Staff participated in some 14 national meetings and the Fifth International Congress of Gerontology, during the past year. The International Congress was supported by a joint NIH grant from the National Heart Institute and the Division of General Medical Sciences.

## University of Florida:

### Southern Conference on Gerontology

By Carter C. Osterbind, Chairman, Florida Council on Aging, Institute of Gerontology, University of Florida, Gainesville.

"Aging: A Regional Appraisal" was the theme of the Tenth Annual Southern Conference on Gerontology in Gainesville March 16-17.

Attention centered on the *regional* aspects of social gerontology. Several of the papers dealt with significant developments in the Southern region of the United States. The length of working life and the outlook of the older worker in the South, socio-economic problems resulting from population changes in the South, and the impact of social security on the South, as well as a detailed review of gerontological research in the South were presented. Two of the papers reported on research now under way on the health

status and health care needs of older people in Pinellas County, Florida.

One afternoon session was a joint meeting with the Florida Council on Aging. At this meeting a symposium on community program needs was presented. Consideration was given to programs in rural areas, programs by church related groups, programs by organized retirement communities, and programs on a statewide basis.

Participants included Clark Tibbitts, Seymour L. Wolfbein, Wilma Donahue, Ida C. Merriam, Drs. John N. Webb and Edgar S. Dunn of the University of Florida, Mrs. Virginia Smyth, Dr. Irving Webber of the University of South Florida, Dr. Howard Carter of the Pinellas County Health Department, and Mrs. Mabel B. Little of the Department of Public Welfare in Laurens, South Carolina.

Conference proceedings are being published by the University of Florida Press, Gainesville, and will be available in June @\$3.



## Library Services for the Aging

Enjoying a visit from librarian Carol Arnold is Mrs. Cora E. Brookbank, one of 400 residents at the Arnold Home in Detroit.

Through the Extension Department of the Detroit Public Library, interested residents enjoy the services of a library staff on a regular schedule. The Home provides a room in which to house the library collection and also a "book truck" to facilitate library service to those who are nonambulatory. In addition, a weekly film program is presented at the Home.

This service is a regular part of the Detroit Library's specialized service to shut-ins.

For more information: Miss Genevieve Casey, Chief, Extension Department, The Detroit Public Library, 8726 Woodward Ave., Detroit 2, Mich.



Photo courtesy of Detroit Public Library

## HOUSING INSTITUTE (continued from page 5)

opportunities for the Housing Industry, and Economic, Social, and Physical Requirements of Older People.

Mr. Carl T. Mitnick, Past President of the National Association of Home Builders, was General Chairman. Speakers and resource specialists on various panels included:

**Howard A. Rusk, M.D.**, Head  
Rehabilitation Department  
Institute of Physical Medicine  
& Rehabilitation  
New York University Medical  
Center

**William Hoskins Brown, A.I.A.**  
Department of Architecture  
Massachusetts Institute of  
Technology  
School of Architecture and  
Planning  
Cambridge, Massachusetts

**Professor Walter K. Vivrett**,  
Architect  
University of Minnesota  
School of Architecture  
Minneapolis, Minnesota

**Muriel E. Zimmerman, OTR**  
Consultant on Self-Help Devices  
Institute of Physical Medicine  
& Rehabilitation  
New York University Medical  
Center  
New York City

**Carter M. McFarland**  
Acting Assistant Administrator  
Division of Plans and Programs  
U. S. Housing and Home Finance  
Agency  
Washington, D. C.

**Lawrence Naylor, III**,  
Vice President  
James W. Rouse & Company, Inc.  
Baltimore, Maryland

**Edward H. Noakes, Architect**  
E. H. Noakes and Associates  
Bethesda, Maryland

**Eleanor Pepper**  
Design Consultant  
New York City

**Michael M. Dacso, M. D.**  
Director, Physical Medicine  
& Rehabilitation  
Goldwater Memorial Hospital,  
New York City

**Robert C. Weaver**, Administrator  
U. S. Housing & Home Finance  
Agency  
Washington, D. C.

**Emanuel N. Turano, A.I.A.**  
Architect  
New York City

**Mrs. Alice M. Brophy**, Deputy  
Director  
Social and Community Services  
New York City Housing Authority

**Gary Macari**, National  
Representative for Contract  
Sales  
General Electric Company  
New York City

**J. Clarence Davies**, Director  
N. Y. City Housing &  
Redevelopment Board

**Richard Hill, Jr.**, Director  
Bureau of Research  
New York State Division of  
Housing

**Sidney Katz, F.A.I.A.**  
Architects Associated  
New York City

**I. S. Lowenberg**, Architect  
Lowenberg and Lowenberg  
Chicago, Illinois

**Dr. Margaret Blenkner**, Associate  
Director  
Institute of Welfare Research  
Community Service Society  
New York City

**Constance Williams**, Educational  
Director  
Special Services Department  
The Women's Educational &  
Industrial Union  
Boston, Massachusetts

**Noverre Musson**, Architect  
Tibbals, Crumley and Musson  
Columbus, Ohio

**Dorothy Gazzolo**, Associate Director  
National Association of Housing  
& Redevelopment Officials  
Chicago, Illinois

**Flora Y. Hatcher**  
Assistant to the Administrator  
(Community Group Relations)  
U. S. Housing & Home Finance  
Agency  
Washington, D. C.

**Mrs. Virginia Wheeler**  
Kitchen Planning Project  
Institute of Physical Medicine and  
Rehabilitation  
New York University Medical  
Center

**Ollie A. Randall**, Vice President  
The National Council on the  
Aging, Inc.

**James Rosati, Sr.**, President  
Florida Retirement Village  
Pinellas Park, Florida

**Mrs. Edith Lawton**, Director  
Post-Graduate for Para-medical  
Personnel  
Institute of Physical Medicine  
& Rehabilitation  
New York University Medical  
Center

**Fern M. Colborn**, Secretary  
Social Education and Action  
National Federation of Settlements  
and Neighborhood Centers  
New York City

**Eugene L. Lehr**, Assistant Chief  
Accident Prevention Program  
Division of Special Health Services  
U. S. Public Health Service  
Department of Health, Education  
& Welfare  
Washington, D. C.

**Bruce Savage**, Commissioner  
U. S. Public Housing  
Administration  
Washington, D. C.

**Joseph Douglas Weiss, A.I.A.**  
New York City

**George Kassabaum**, Architect  
Hellmuth, Obata & Kassabaum  
St. Louis, Missouri

**Mrs. Elizabeth Breckinridge**,  
Supervisor  
Services for the Aging  
Illinois Public Aid Commission  
Chicago, Illinois

**Dorothy Montgomery**, Managing  
Director  
Philadelphia Housing Association  
Philadelphia, Pennsylvania

**Mrs. Mildred S. Howard**, Housing  
Specialist  
United States Department of  
Agriculture  
Agricultural Research Service  
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Washington, D. C.

**Daniel Chait**, Architect  
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A report of the Institute is now in preparation. Its availability will be announced by NCOA.

Further information: The National Council on the Aging, 345 E 46 St, NYC 17.

## Ohio:

### Successful Friendly Visitor Program

By Mrs. Mary Gorman, Director, State of Ohio Department of Public Welfare, 408 E Town St, Columbus 15.

"We are amazed at what Friendly Visitors have accomplished in restoring interest of the aged in life!"

This reaction from one county civic leader and similar enthusiastic responses indicate that Friendly Visitors to lonely recipients of Aid for the Aged are achieving results.

#### "Life with Larry"

One Visitor, for example, tells of a "client" flat on his back in a nursing home. His wife had died. He was despondent. It was hard to get him on his feet. Through cooperative efforts of the caseworker, home operator, and Friendly Visitor they finally succeeded. The Visitor calls this relationship "My life with Larry."

It began slowly, has lasted several years, and is mutually rewarding. She visits him once or twice a month, phoning a day in advance. He shines his shoes, shaves, and brightens up. Since he likes to buy snacks at the market where his wife used to shop, the Friendly Visitor does her shopping there at the same time. Occasionally they go to the park, where they talk about baseball, or politics, or other topics of mutual interest.

"Let's just sit in front of the nursing home," he may suggest, when he's tired. Sometimes he talks of his youth, or of his work over a period of 70 years.

Larry is now 85. On his birthday the Friendly Visitor baked him a cake. Life for Larry seems more worthwhile.

#### Hannah

Then there's the story of Hannah, a dear little lady of close to 90. Her Visitor wrote a letter for her, and when she started to read it aloud, Hannah admonished her to speak softly:

"Old Snoop in the next bed," Hannah confided, "hasn't any business of her own, so she listens in on mine."

But as the Friendly Visitor was turning to wave goodbye, Hannah was already at the bedside of "Old Snoop," telling of her affairs, proud and happy to have had a Visitor.

#### John

John's story is different. Well-adjusted and happy at 82, he lives alone in a small furnished room, with only a bed and a dresser.

John's Friendly Visitor is a man, to whom he has often expressed thanks to God for all his blessings: He could do as he pleased; he had no one to boss him; his room is clean; his landlady regularly changes his sheets and towels; a wet-wash laundry around the corner and several nearby restaurants fulfill his needs.

"When I need a lift," he chuckled, "I walk to the lobby of the neighborhood hotel, where the resident widows like to look me over!"

#### Over 2000 Volunteers

These are only a few of hundreds of stories told by "Ohio's Friendly Visitors." More than 2000 such visitors have volunteered their services since March 1959, through the Aid for the Aged Program of the Ohio Department of Public Welfare.

This program was initiated because of a deep and genuine concern for the mental, as well as the physical well-being of "Ohio's Senior Citizens."

Loneliness and boredom are among the major problems of older people. Cities, towns, and villages everywhere are full of lonely, aged people.

The concept of Friendly Visitors is as old as time. Everyone can be cheered by interested friends. But old-fashioned "neighborliness" seems less common today than in the past. Many people, in desperate need, have been overlooked. As a result, churches, civic, and fraternal organizations have tried to fill the void by sending visitors to the elderly. Usually this has been done on an unorganized basis.

#### Few Organized Programs

On an organized basis, there have been very few unified, community-wide programs. Such organized services as there are—often church-sponsored—have usually been provided for residents of county homes. But many other Homes receive practically no callers.

Many rest homes are just beginning to open their doors to Friendly Visitors. Visits to the lonely aged in their own private homes are even less extensive. The Ohio Friendly Visitor Program is a plan for regular personal visits to the aged, the lonely, the shut-ins. It is a public service, developed for but not limited to the aged recipients of financial aid.

#### Unique Aspects of Ohio's Program

Unique aspects of the program are:

- development of an organized plan with trained volunteers, oriented to the special needs of the aged;

● initiation and leadership by the Department of Public Welfare;

● cooperation of local Aid for the Aged personnel with local organizations.

Originally the Friendly Visitors were to serve only the clients of Aid for the Aged who expressed a desire for company. But first results were so encouraging that visits were extended to other lonely older persons.

Referrals come from caseworkers of the Department of Welfare, or other interested persons or agencies. Obviously, an effort is made to match the interests and hobbies of Friendly Visitors with those of the aged.

Friendly Visitors are unpaid volunteers, recruited through volunteer bureaus, civic, fraternal, or church organizations. They are men and women of all races and religions, trained and trying to be helpful.

#### **Why Not Paid Case Workers?**

Why can't paid caseworkers fulfill the needs?

Most important is the fact that case workers don't have the time. They often have large case-loads, and a great amount of necessary "desk work."

The relationship between OAA recipients and Friendly Visitors is different from the one that is usually established with the persons who authorize their awards and represent their bread and butter.

The Friendly Visitor does not represent government. She cannot increase or decrease the client's financial aid. There is, therefore, an element of greater freedom and relaxation. The Visitor is not a member of the family. The client needs and wants a listener who is not pressed for time. The Friendly Visitor can share both problems and joys.

#### **Simple, Essential Services**

Services of volunteers are simple, yet essential. They offer sympathetic ears, casual conversation, ideas.

They read aloud, write letters, run small errands. They encourage hobbies and participation in community affairs. Emphasis, of course, is on the client's welfare.

#### **Departmental Coordinator**

A coordinator of Friendly Visitors in the Department of Public Welfare encourages the organization of such services throughout Ohio.

The Coordinator assists in developing local programs and in planning and conducting orientation meetings. Local OAA managers enlist the



*Photo courtesy of Ohio Department of Public Welfare*

**OHIO FRIENDLY VISITING:** Mrs. Gorman (l.), with Franklin County friendly visitor Mrs. Nancy Katz (r.), is shown visiting Mrs. Alice Knipfer.

help of community leaders.

The program now exists in about one-fourth of Ohio's counties, and many more are in process of organization. One county has recruited about 800 volunteers, another has around 1200.

#### **Some New Features**

Many previously unavailable services are offered, including entertainment, refreshments, and friendship. Chaplaincy is a new feature in some of the county and nursing homes. Motor corps units have been created to offer transportation for medical care of the chronically-ill, as well as for emergency calls and club meetings.

A great deal has been accomplished in the short time the Ohio Friendly Visitor Program has been in effect. Intangible values which do not lend themselves to precise measurement may, in the long run, be among the most significant.

The extent of rehabilitation cannot be readily determined. Neither can the personal reactions of those visited. But one shut-in, without family or friends, offered this comment:

"I am ready for the Good Lord to take me at any time. I am now at peace with the world, because I know there is someone who cares!"

#### **Inexpensive**

Not only has this program proven itself to be worthwhile, but also quite inexpensive.

Rewarding relationships have been developed for the aged and for the Friendly Visitors to give added meaning to our Department of Public Welfare motto—"Because Ohio Cares!"

Copies of the new report on "Ohio's Senior Citizens" are available from our office.



## PUBLICATIONS

### First issue of *The Gerontologist*

First issue of *The Gerontologist* (\$5 a year), new quarterly journal of The Gerontological Society, Inc., appeared in March with very interesting articles. (See *Aging* 74, p. 18).

Abstracts of several of these articles were furnished to *Aging* by Mrs. Marjorie Adler, Administrative Secretary, Gerontological Society, Inc. (660 S. Kingshighway Blvd., St. Louis 10):

#### "Productivity of Older Workers," by Leon Greenberg.

Older workers are frequently not considered for job openings because employers assume they are less productive than younger workers. BLS studies of actual on-the-job situations showed that there was a great deal of variation in productivity among individual workers in all age groups, and that many individual older workers exceeded the performance of younger workers. This article discusses these individual worker variations and compares average performance for various age groups in different occupations.

#### "The Living Arrangements of Older People in the United States," by Ethel Shanas.

This report provides some of the findings from a 1957 national survey of the health needs of older people. Survey data indicate that, despite popular beliefs to the contrary, in the United States the fact that most older people live apart from their children does not mean that older people are isolated from their children.

#### "The White House Conference on Aging," by Donald P. Kent.

While a short-term view of the WHCA necessarily focuses attention upon issues which divided the delegates, in the long view more may result from the large areas of agreement. This article points to an emphasis on research that would yield not only needed data but also a conceptual framework on which sound action programs might be built. The recommendations of the Gerontological Society are also discussed.

#### "Reactions of Older Persons to Disaster-Caused Losses," by H. J. Friedsam.

The study of human reactions to natural and manmade disasters has seldom concerned itself with possible age

differentials. This paper suggests that older persons may have a greater sense of deprivation following a disaster than do younger persons. It suggests that the reason may lie in different orientations toward the future held by older and younger persons.

#### "Social Components of Meals-on-Wheels Service," by Jerome Kaplan and Constance K. Williams.

Organized "Meals-on-Wheels" service is a comparatively new phenomenon in the United States with all existing programs except one, having been started since 1957. The authors point out that a professionally staffed "Meals-on-Wheels" program not only fulfills the nutritional needs of many older people but meets social and emotional needs as well, and conclude that the profession best equipped to develop "Meals-on-Wheels" is social work.

#### "The Personality of Those Who Care For the Aging," by Hugh Mullan, M. D.

In geriatric care second only to the aging person himself the personality of the one charged with his care is important. Selection of personnel in day-to-day contact with the elderly, becomes crucial. This article points out that those persons with a constructive relationship to self, to parents and/or grandparents and who have religious conviction fare better than those who do not.

#### "Successful Aging," by Robert J. Havighurst.

Two different theories of successful aging are discussed:

- a so-called "activity" theory,
- the "disengagement" theory. This paper describes a method of measuring satisfaction with life developed under the auspices of the Kansas City Studies of Adult Life, relates it to other measures of adjustment that have been used, and to the two theories of aging.

#### "Nascher: Excerpts from his Life, Letters, and Works," by Joseph T. Freeman, M. D.

Ignatz Leo Nascher who, in 1909, coined the word *geriatrics*, spent the major part of his career in trying to create a particular field of medicine as regards the aging individual. As a man, he was a distinguished traveller, humanitarian, and a profound observer. He wrote more than fifty articles on the subject of geriatrics with a vocabulary and a scope of perception which reads well even forty years later.

This biography is an effort to delineate the nature of the man in his times faced by the type of frustrations and obstacles which are still not foreign to the field of geriatrics.